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Edmonton metro

Obama bids America emotional farewell
metroNEWS

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Cadets Karli Cameron, from left, Autumn Fjeldberg and Asia Johnson on Tuesday.
KEVIN TUONG / FOR METRO

TRAILBLAZERS

Edmonton Fire Cadets see first female graduates
metroNEWS

Demand high for medically assisted deaths

HEALTH

Right exercised by 2-3 Albertans weekly: Agency

Elizabeth Cameron
For Metro | Calgary

Nearly three Albertans a week are exercising their right to die — a number that has surprised Alberta health officials.

In February 2016, the Supreme Court of Canada struck down a federal prohibition on physician-assisted deaths. Federal legislation guiding medically-assisted deaths came into effect in June.

According to Alberta Health Services, 71 Albertans have been provided with a medically-assisted death since it became available — 20 of them in the Calgary Zone.

"At the beginning we were not surprised by the numbers," said Dr. James Silvius, lead for medical assist-

ance in dying preparedness at Alberta Health Services (AHS).

"We expected they would taper off a bit, but we haven't seen the demand going down and average 2-3 taking place a week."

He said the demand has been higher than anticipated, but consistent with other provinces.

The most-cited health conditions in patients have been cancer, multiple sclerosis, and amyotrophic lateral sclerosis (ALS).

"I don't know what I was expecting in terms of numbers, but I don't think it's necessarily surprising," said Bradley Peter, director of Dying with Dignity Canada.

He said it's more important that the legislation is working as it should.

"I think we need to be collecting really rigorous data to understand if we're missing an important group of the population who wants access to this, but is continually denied," Peter said.

A total of 36 people have not met the federal criteria to receive a medically-assisted death, according to AHS.

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Teen breaks his neck at trampoline park

INJURY

Company says equipment in working order



Jeremy Simes
Metro | Edmonton

A teen is in hospital after breaking his neck at an indoor trampoline park in Sherwood Park.

Landon Smith, 18, is recovering at the University of Alberta Hospital after he jumped into a foam pit at Jump Park Trampoline in Sherwood Park over the weekend, according to Smith's brother, Jordan.

Jordan said Tuesday Landon suffered damage to his spinal cord and ligaments in his neck.

"He's got movement in his upper body, but it's not as strong as it was," he said. "He's got feeling in his feet and on Monday he wiggled his toe. To an average person, that's not crazy, but right now it's pretty big."

On its Facebook page, Jump

Park Trampoline confirmed Monday night that an 18-year-old was injured in its foam pit.

"We are in contact with his family and offering any support we can," Jump Park Trampoline staff wrote. "The guest was conscious and communicating and, as per our safety protocol, an ambulance was called immediately."

Jump Park said its foam pit conforms to "industry standard" — it has 3.5 feet of foam blocks resting on top of a trampoline, which is on top of more blocks of foam. Concrete is at the bottom.

The park added a team of professionals inspected all parts of the foam pit and found "no defects with the equipment."

But Jordan said he feels Jump Park hasn't dealt with the situation well, adding a human resources representative called Landon's cellphone while he was in surgery.

He said Landon's mom picked up the phone.

"It's frustrating to see the way they're handling it," he said. "For them to say they're providing



Landon Smith is recovering in hospital after he broke his neck at a jump park in Sherwood Park on Sunday. CONTRIBUTED

support, when it was just the HR person calling his cellphone, not the manager or owner."

Jordan said he wants to make people aware of being safe at

jump facilities.

"We've been to them, and they're fun," he said. "But when stuff like this happens, it really makes you think."

OILSANDS

Jane Fonda lends ear to First Nations

Actor and longtime environmental activist Jane Fonda says Canada should listen to the concerns of indigenous people about resource development.

"First Nations people are again telling us, 'You can't keep doing this, because it's going to destroy everything, not just human beings, all different species,'" Fonda said Tuesday during a visit to Fort McMurray.

The U.S. film star and Oscar winner said she made the visit to learn about the impact of oilsands development on First Nations and to support their opposition to pipelines that would export bitumen to the United States or overseas.

Prime Minister Justin Trudeau's government recently approved the Kinder Morgan pipeline to move bitumen to the B.C. coast and hearings are about to resume on the Energy East proposal for a line heading the other way. And U.S. president-elect Donald Trump has said he

will revisit an American decision against the Keystone XL pipeline that would go all the way to Texas.

"We don't want these two new pipelines and we don't want any future agreements between Trump and Trudeau to go back into the issue of the Keystone XL," Fonda said. "It's not to the benefit of anyone except the oil companies."

Fonda said she's aware some First Nations support pipelines and that families depend on the industry for a livelihood.

"I don't pretend to be an expert, but I do listen carefully. And I come here with tremendous compassion for people who work in the tar sands and who will be laid off when the work is done or when the price of oil drops even more."

"We have to reach across class lines and see what we have in common and see how we can work together to find a solution where everyone will win."

THE CANADIAN PRESS

It's not to the benefit of anyone except the oil companies.

Jane Fonda

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SHORT-TERM RENTALS

Hotel association slams Airbnb



Kevin Maimann
Metro | Edmonton

The Alberta Hotel and Lodging Association (AHLA) is calling for home-sharing regulations, claiming services like Airbnb are getting a free ride as they explode in popularity.

The association's president and CEO, Dave Kaiser, said the hotel industry's tourism levy — a four-per cent charge on every hotel stay — is part of what brings travellers to the province in the first place, by funding Travel Alberta and tourism development.

"We've got, potentially, what we call a free-rider issue, where we've got a segment of the industry that's getting the benefit of that but not participating in the investment at all," Kaiser said.

The AHLA is asking the province for rules that would level the playing field between hotels and online home-sharing services, which let anyone rent out a living space and set the cost.

Kaiser's primary concern is with commercial operators who list their places year-round or buy up several units with the express purpose of listing them on sites like Airbnb — without being subject to the same licensing, insurance and health-and-safety regulations as hotels.

"This thing is moving exponentially. So the time to try to work out a framework should be now," he said.

Alberta's Culture and Tourism Minister Ricardo Miranda

said in an emailed statement that the province is working with tourism industry stakeholders, but he did not specifically promise regulations.

"In order to continue to attract travellers to the province, we need to improve accommodation offerings to be relevant to the technology, address the evolving needs of an increased number of international and millennial travellers, and ensure we can continue to support and grow our tourism industry," he wrote.

EDMONTON FIGURES

631

Number of active Airbnb hosts

876

Number of active rentals

\$62

Average price of a one-bedroom rental

2.2%

Percentage of Airbnb suites rented for longer than three months

INJURY

Family still 'disappointed' by officials' lack of answers



Alex Boyd
Metro | Edmonton

Amber Athwal celebrated her fifth birthday this week at home dressed as Elsa from Frozen, with a bit of cake being some of the first solid food she's had since a routine dentist visit four months ago left her with brain damage.

"She was very happy, she was giggling, smiling," said Amber's father, Raman. "After so many months of frustration ... this birthday brought some joy to our family."

Amber has come a long way since September: she can say a few words, get around in a wheelchair and passed a swallow test last week — hence, the cake.

She's now able to go home on weekends, and will be discharged from the Glenrose Rehabilitation Hospital at the end of the month, Raman said. But the family is still searching for answers.

On Sept. 7, he took Amber to Dr. William Mather for what he

was told was a routine dental procedure. But at some point the girl stopped breathing and was rushed to hospital, where she's been ever since.

Both Raman and his wife quit their jobs to take care of Amber. He said this has been tough on the family.

Still, the family remains frustrated by what they say is a lack of answers about what happened the day Amber was injured.

The Alberta Dental Association and College investigated the incident, but didn't release the results, and concluded in late November that the matter should go to a tribunal.

That means a panel of three dentists plus a member of the public will review the evidence and decide if Dr. Mather is guilty of unprofessional conduct.

"We're following a procedure that's outlined in the Health Professions Act, in terms of how and when the information, and under what situation, it would be released," the college's chief executive officer, Dr. Randall Croutze, told Metro in November.

Raman said the family remains concerned they haven't seen the results. The date for the tribunal also hasn't been set. The family has launched an online petition to implore the College to release the results.

"We are very, very disappointed with their actions," he said.

In an email to Metro, College spokesperson Sarah Van Tassel said that setting the date for the tribunal is "in process."

"As soon as we have this information we will make it available," Van Tassel said.



Amber Athwal, 5, was rushed to hospital in September after she stopped breathing during a routine dentist visit. CONTRIBUTED

“
This birthday brought some joy to our family.

Raman Athwal



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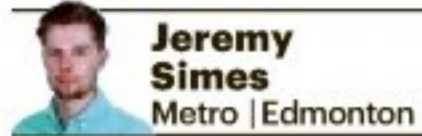
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First batch of girls graduate

CADETS

Fire chief says service should be as diverse as possible



Jeremy Simes
Metro | Edmonton

For Asia Johnson, signing up for the Edmonton Fire Cadets was not a no-brainer.

"I thought, 'Am I going to have a relationship with all these guys? Am I going to be able to push myself and compete to my highest standard?'" she recalled Tuesday.

But she took the plunge — and became one of the first women to graduate from the two-year-old program.

The Fire Cadet program was created last year, and designed for high school students interested in firefighting. In the first year, only male students signed up.

This year, there were three women.

"There were definitely



Cadet Karli Johnson received the Top Cadet Award on Tuesday for having the highest average.

KEVIN TUONG / FOR METRO

ups and downs," said Johnson, speaking at a graduate event held at city hall. "But we were like, 'Girl power!' And we did it."

Fire chief Ken Block said he's extremely pleased to see three girls in the 17-member class.

"The public service should

reflect the community as best as possible, and a career as a firefighter is not necessarily the first priority on a young woman's list," he said.

"One of the reasons for that is we just don't have the awareness. It's a great career and you have to prepare yourself."

In fact, Block presented cadet Karli Cameron with the Top Cadet Award Tuesday evening — she received top marks in her class, with an overall average of 97 per cent.

"I'm over the moon about it," Cameron said. "I've given up a lot to be here."

She said she used to be shy before entering the program. Now, she can't stop talking.

"It's been a total 180," she said.

"You walk into a room full of guys and you feel like you've got a lot to prove. For the first month, we fought really hard to show we can bring just as much to the table. But we've definitely shown we can compete with the guys."

But even the boys in the class were unsure how to act with a bunch of new girls joining them, according to cadet Autumn Fjeldberg.

"They were like, 'What are girls?'" she said with a laugh. "But, honestly, we grew together pretty easy."

INVESTIGATION

Mounties cleared in shooting

Alberta's police watchdog has cleared RCMP of criminal wrongdoing in the shooting of a homicide suspect west of Edmonton.

On Dec. 1, 2015, a Mountie shot Mickell Bailey in the head during a search of a rural property near Edson.

The executive director of the Alberta Serious Incident Response Team says on that date a Mountie shot a man after he walked out of a home carrying a rifle and fired toward two police officers.

Susan Hughson says after reviewing the investigation there is no evidence to suggest the RCMP did anything wrong.

Bailey recovered from his wound and faces two counts of first-degree murder and one count of second-degree murder in the deaths of Dan Miller, Roxanne Berube and Jazmine Miller, her 16-year-old daughter.

The RCMP said they found more than 30 firearms at the property, some of them loaded.

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Cabinet shuffle: Who's in and out

Justin Trudeau promoted many up-and-coming MPs on Tuesday as part of a shakeup aimed in part at preparing for a Trump presidency

THE CANADIAN PRESS



Justin Trudeau holds a press conference joined by his newly sworn-in ministers. THE CANADIAN PRESS



Foreign Affairs

CHRYSTIA FREELAND leaves the trade portfolio to replace veteran Liberal MP **STEPHANE DION**, who announced Tuesday that he plans to leave active politics. Freeland is a cabinet superstar, credited with navigating through the Canada-European Union free trade agreement — potentially valuable experience for dealing with the incoming Trump administration.



Democratic Reform

KARINA GOULD of Burlington, Ont., takes Democratic Institutions from **MARYAM MONSEF**. Monsef — criticized for her handling of Trudeau's promise to reform the voting system — is moving to replace Hajdu at Status of Women.



Labour

PATTY HAJDU, who shone as status of women minister, is taking over the labour portfolio from **MARYANN MIHYCHUK**, who is being dumped from cabinet altogether.

Immigration

AHMED HUSSEN, a Somali-born rookie MP in Toronto, is taking over the immigration portfolio from **JOHN MCCALLUM**, who is leaving politics to become ambassador to China.



International Trade

FRANCOIS-PHILIPPE CHAMPAGNE, a Quebec MP, takes on the international trade portfolio following the promotion of Chrystia Freeland.



Courtney Gelinas holds tight to her stuffed bear Rufus. THE ASSOCIATED PRESS

FORT LAUDERDALE

Canadian 10-year-old gets her teddy bear back

Yards from where workers finished the cleanup from the Fort Lauderdale airport shooting, a girl was reunited Tuesday with the teddy bear she left behind while fleeing.

Courtney Gelinas, 10, smiled as Fort Lauderdale-Hollywood International Airport spokesman Greg Meyer opened the trunk of his SUV to reveal Rufus, the teddy bear the Windsor, Ont., fifth grader had received from her dying grandfather a decade ago. When Meyer handed her Rufus, she held the bear tight. Courtney was with her par-

ents and siblings and about to board a plane home when officials say Esteban Santiago fatally shot five people one floor below them Friday. Rufus, a brown bear dressed in a red devil costume, was left behind as the family fled onto the tarmac with hundreds of others. Her mother, Kim Lariviere, said Courtney has not slept well since.

"It is exciting and I am happy to have him back," the bashful girl said as she pressed against her mother's legs.

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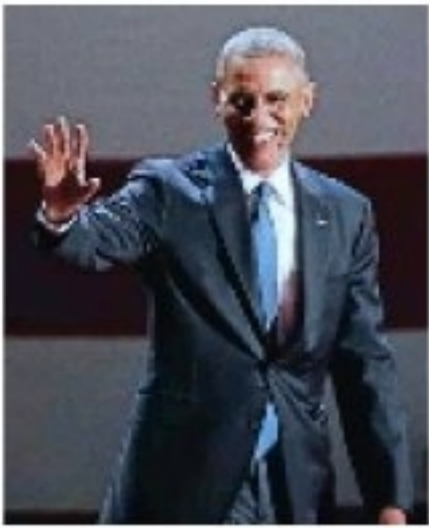
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President Barack Obama arrives at McCormick Place in Chicago on Tuesday.

NAM Y. HUH/THE ASSOCIATED PRESS

'The future should be ours'

POLITICS

Obama gives tearful farewell address as era of Trump looms

Conceding disappointments during his presidency yet offering vigorous encouragement for the nation's future, U.S. President Barack Obama issued an emo-

tional defence Tuesday night of his vision to Americans facing a moment of anxiety and a dramatic change in leadership.

Obama's valedictory speech in his hometown of Chicago was a public meditation on the trials and triumphs, promises kept and promises broken that made up his eight years in the White House. Arguing his faith in America had been confirmed, Obama said he ends his tenure inspired by America's "bound-

less capacity" for reinvention, and he declared: "The future should be ours."

His delivery was forceful, but by the end he was wiping away tears as the crowd embraced him one last time.

Reflecting on the corrosive recent political campaign, he said, "That potential will be realized only if our democracy works. Only if our politics reflects the decency of our people. Only if all of us, regardless of our party

affiliation or particular interest, help restore the sense of common purpose that we so badly need right now."

He made no mention of Donald Trump, who will replace him in just 10 days. But when he noted the imminence of that change and the crowd began booing, he responded, that one of the nation's great strengths, "is the peaceful transfer of power from one president to the next."

THE ASSOCIATED PRESS

+ CLAIMS DENIED

Social media lit up Tuesday with unverified allegations of a sexual nature regarding Donald Trump, including a claim that the Russians possess a recording. Trump denied the rumours, tweeting: "FAKE NEWS — A TOTAL POLITICAL WITCH HUNT!" METRO

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CHARLESTON

Unrepentant Dylann Roof sentenced to death

Dylann Roof was sentenced to death Tuesday for fatally shooting nine black church members during a Bible study session in Charleston, S.C., becoming the first person ordered executed for a federal hate crime.



Dylann Roof
ASSOCIATED PRESS

A jury deliberated for about three hours before returning with the decision, capping a trial in which the 22-year-old avowed white supremacist did not fight for his life or show any remorse. He served as his own attorney during sentencing and never asked for forgiveness or mercy or explained the massacre.

Hours earlier, Roof threw away one last chance to plead for his life, telling jurors: "I still feel like I had to do it."

Every juror looked directly at Roof as he spoke for about five minutes. A few nodded as

he reminded them that they said during jury selection they could fairly weigh the factors of his case. Only one of them, he noted, had to disagree to spare his life: "I have the right to ask you to give me a life sentence, but I'm not sure what good it would do anyway," he said.

THE ASSOCIATED PRESS

Mom loses four kids at Berlin train station

A woman from Peru lost all four of her children at Berlin's main train station Monday after briefly turning her back on them to buy a ticket.

German police said Tuesday that the tearful mother approached officers, who were able

to find two of the children wandering around the station. A third turned up at another station in Berlin. The fourth child, aged 3, was discovered by a conductor on a high-speed train.

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JESSICA ALLEN ON THE HISTORY OF THE GOLDEN GLOBES



Streep may have undermined herself by making her principled stand at an event whose sponsoring organization is not exactly a paragon of principle.

Almost everyone was fair game for Twitter-borne Snark during the Golden Globes on Sunday: Al Roker, who called Jessica Biel “Jessica Alba”; Jenna Bush, who mashed together the Hidden Figures and Fences to create “Hidden Fences”; and Tom Hiddleston, whose out-of-touch acceptance speech felt longer than his relationship with Taylor Swift.

But Meryl Streep, who delivered a rousing six-minute oration while accepting the Cecil B. DeMille Award, was off limits — save, of course, for the nameless object of her vitriol.

Even now, to criticize Streep would be to commit media hara-kiri. So here goes.

It wasn’t her message, that those in power ought to refrain from bullying. It wasn’t her call to support the press. It wasn’t even when she referred to the room as representing the “most vilified segments in American society right now,” although that was a bit rich.

It was that Streep made a principled stand at an event whose sponsoring organization — a group of 90 shadowy, ostensibly foreign reporters who are required to have permanent residences in Southern California — is not exactly a paragon of principle.

I’m talking about the Hollywood Foreign Press. Like nearly every person who’s ever accepted a Golden Globe, Streep thanked the association, which according to a 2010 piece by the Toronto Star’s

Peter Howell, was created in 1943 “by eight foreign journalists living in Hollywood, who were frustrated by their lack of access to top stars.”

“They reasoned,” Howell wrote, “that creating their own awards might turn things around, and that thinking paid off.”

So well, in fact, that today studio publicists extend to HFPA members unfettered access to A-listers, usually in

Roeper reported in his 2005 book, *Schlock Value: Hollywood at Its Worst*.

More recently, in December, the Hollywood Reporter noted that HFPA asked members — there are four Canadians on the list, whose bylines I didn’t recognize and I struggled to find any meaningful and recent work of theirs online — to return expensive bottles of Tom Ford-branded perfumes they were sent promoting the

to remain in good standing with the HFPA?” Because as the entertainment press constantly tells us that the Globes “are like the primaries to the Oscars’ general election, the Globes’ stock just keeps on rising.”

To be clear, it’s not that the HFPA always gets it wrong. A few times over the last decade, they’ve awarded films with more staying power than the Academy did — think *The Social Network* vs. *King’s Speech*, for example, or *The Descendants* vs. *The Artist*. But they’re not even a particularly good indicator of what the Academy will choose. The Producers Guild Awards and the Critics Choice Awards are much better predictors, both having chosen the same best-picture winner as the Academy eight times over the last 10 years.

So why doesn’t the Academy, some 6,000 members strong, take the bull by the horns? Last year, Oscar voting wrapped up two days before the Golden Globe winners were announced. This year they were extended until January 13 — five days after the Globes. I don’t know. And I don’t know why I care. No one else really does.

The only one who hinted at the hypocrisy on Sunday night was Viola Davis. When she accepted her award for best supporting actress in *Fences*, she dutifully thanked the Hollywood Foreign Press. And then she gave a hint at how the sausages are made: “This is my fifth nomination,” Davis said. “I took all the pictures, went to the luncheon.” She had to pause because the room erupted in knowing nods and chuckles.

“Been there, done that,” they seemed to say.

Jessica Allen is the digital correspondent on CTV’s *The Social*.

VICKY MOCHAMA

Salute to the outgoing Obamas — the world is finally yours

I’m so excited to see the Obamas out of office. It’ll be so gratifying to see them free.

They haven’t exactly announced their next steps, but if you look closely the hints are there. Barack recently published his 13th paper in an academic journal. (Which “peers” exist to peer-review a study by the president of the United States?) If academia doesn’t work for him, he also recently served as a groomsman in the wedding of a White House staffer. Imagine being able to hire Barack Obama to be your groomsman. The Secret Service knows how to throw stag parties.

Michelle, too, could go in a completely different direction. She can rock couture like a fashion model and can out-dance the best video vixen. However, she seems genuinely to believe in serving the public. In her last public speech, she promised young people that she’d be there for them for the rest of her life.

Some people want Michelle to enter into politics slash lead the Rebel Alliance against Darth Donald. That won’t happen for two reasons. First, she doesn’t want to. Second, America doesn’t deserve her! My god, the names that she’s been called over the last eight years — it’s a miracle she hasn’t given up her citizenship for a Kenyan one just to troll Fox News.

When Michelle first said, “I wake up every morning in a house that was built by slaves,” I knew she was a better person than I because I would have burned it down the day after Inauguration day. Michelle and Barack woke up every day and managed not to cuss out America. Just for good manners and restraint alone, they were the best First Family in living memory.

(Recall, for example, that the Clinton’s pets were in a constant feud?)

After eight years living within the bubble of the White House, it will be great to see Barack and Michelle let loose a little. Mind you, it will be only by a smidge: they are still Ivy League-educated lawyers who just wrapped up two terms playing nice with Republicans.

It could be (almost) anything and I would be happy for them. Michelle could take up a corporate gig for the oil industry and I’d root for her. Barack could decide, as all the greats unfortunately do, to record a rap album and I would give it a four-star review on iTunes.

Personally, I want them to have a reality TV show. Obamas! Unleashed! It’ll be like *Keeping up the Kardashians* but with guest appearances from Kofi Annan and the Pope.

The only joy to their farewells is knowing that soon we’ll be saying hello to the real Obamas.



Meryl Streep speaks while accepting the Cecil B. DeMille Award at the Golden Globe Awards in Beverly Hills, Calif., on Sunday.

THE ASSOCIATED PRESS

exotic locations, over dinner and drinks, while other critics and journalists are shut out.

Every year, the media writes scathingly of the association. Twenty-one years ago, the Washington Post reported that most members weren’t full-time journalists but rather “part-time freelancers for small publications in places like Lithuania and Bangladesh, and include a college professor, a retired engineer, a man who runs an ‘auto referral service,’ and another who until recently sold appliances in Burbank.”

Even bold-faced industry names speak out. “In 1993, director Rob Reiner complained to the New York Times about HFPA ‘press conferences’ that were nothing more than glorified photo-ops for its members,” Richard

designer-turned-director’s film *Nocturnal Animals*. One HFPA member refused a miniature wedding cake crowned with an interracial couple that Focus sent him to promote the film *Loving*. “I can’t come home from a long day at the Four Seasons (attending press junkets and screenings) to find decaying food on my doorstep,” he told THR. “I can’t even tell you how many bottles of cheap wine I’ve gotten this year. The alcohol tends to come from the foreign films, which send stuff from their country.”

So why, asked Roeper, are the Golden Globes “taken so seriously when the voting is done by approximately ninety cliquish, junketeering entertainment reporters who have to produce only a handful of articles per year in order

Studio publicists extend to HFPA members unfettered access to A-listers while other critics and journalists are shut out.

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Ganja: A gateway drug to fitness?

CULTURE

Pairing weed and yoga may seem like a trend, but it has ancient roots



Mila Petkovic
For Metro

Yoga teacher Joey Lundgreen, 35, smiles warmly at students. People chat casually before class with their neighbours, as they take turns breathing from the vaporizer. The atmosphere here is warm, open and connected.

With his lion-like mane and fully embodied voice, Lundgreen leads the class through a series of breathing exercises.

"When I started this practice, (it) was a very helpful effect for me because my body was kinda very stuck and not very strong or capable, and this has been true for many of our students too. For this reason it's sometimes called 'Ganja Yoga, the gateway drug to fitness,'" said Lundgreen.

The drug helps people relax and open up, says studio owner Lucelene Pancini, 43, who also teaches at the studio. The dynamic blond woman — a former Brazilian champion of judo and jiu-jitsu — opened Ganja Yoga on Bloor Street West in Toronto in 2011, and has seen the number of students grow steadily over the years.

"It's beautiful to work with ganja but I tell people you have to be re-

sponsible too. A lot of people come here who have never smoked, or done yoga before. Anxiety or paranoia can come, so I provide a safe space, so people can look and say 'Lu is here for me,'" said Pancini.

The studio uses an energizing strain of cannabis called Sativa at the beginning of the class and the more relaxing, meditative Indica before going into the final resting state, Savasana. For legal reasons, the studio asks participants to contribute their own cannabis for the practice but shares the vaporizer.

"Breathing becomes slower and deeper and muscles let go, so for sure you can go much further into the poses," said Pancini, who has been teaching yoga for 12 years. "In the

mind, it's the same thing. Because you're in the present moment you stop to care what the person is doing beside you."

Ganja yoga studios have existed for some years now in major centres like Toronto, Montreal and Vancouver. With the impending legalization of weed, and more and more dispensaries popping up, perhaps we will see an increase in such studios.

"One of the things we're doing is taking the stigma out of it a bit, and formally bringing it into practice of yoga. It makes for a beautiful, very friendly community environment compared to the often beautiful but somewhat sterile usual yoga studios," said Lundgreen.

Although the idea of pairing weed and yoga may seem cutting edge or à la mode, the practice goes back centuries.

Hindu deity Lord Shiva is said to have introduced cannabis to the people as a medicinal and spiritual aid, and the Vedas (sacred Hindu texts dating from 1200 BCE) record Indian holy men pairing yoga with cannabis preparations to connect to the divine.

Although the use of the plant did not become stigmatized in India until the 1960s when the government clamped down on it after an international conference, the use of bhang (a milkshake-like drink made with ground cannabis) is permitted in India during celebrations.

"I see it as a beautiful sacrament that can take you to another level — spiritually, physically — at least a little bit faster," said Pancini.



I know a lot of people really like the smoking aspect. I feel like offering it helps to set the mood and harness an environment that's perhaps less pretentious than other studios can be. It's a mixed crowd but there's a real sense of community atmosphere here.

Yoga student Kat, 31



Students at Ganja Yoga studio in Toronto smoke from a vaporizer before class begins. COURTESY ANDREW WILLIAMSON



JOHANNA SCHNELLER WHAT I'M WATCHING

Moms baring all and bringing the truth

THE SHOW: *Workin' Moms*, Season 1, Episode 1
THE MOMENT: Baring it

First we see them from their (naked) shoulders up: three women sitting cross-legged in a Mommy-and-Me class circle, looking down at their own breasts and each other's.

"I feel like a proud show dog that didn't understand her days were numbered," says Frankie (Juno Rinaldi), a real estate agent. "Look at these things. It's like chicken skin."

Anne (Dani Kind), a psychiatrist, replies, "What are you talking about? Yours are OK." Kate (Catherine Reitman), a PR rep, says about hers, "They're not winning any blue ribbons. But they stuck in there. They might be a little deflated, but they're not throwing in the towel. I like them."

"I'm with you," Anne says. "I breastfed my first for five months. This is where they landed."

The camera pulls back. The

three women are the only bare-chested ones in the group. They regard each other. "It could be worse, right?" Anne asks. "No, it could be better."

This is what we call an auspicious — and audacious — beginning. This is the series' opening scene and this is the message that Reitman (yes, daughter of Ivan), who also created and writes the show, is sending: We are going to bare all and we're going to tell the truth.

The Mommy-and-Me leader calls the circle a safe space, but

Reitman and Co. know there's no such thing. Here we are in 2017 and still, very little in our society nurtures working moms (working humans). Mom-on-mom judgment still rankles.

This show exposes its characters' humanity and fights back with funny.

Workin' Moms airs Tuesdays on CBC.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



The message Catherine Reitman, left, (who also created and writes the show) is sending is: We are going to bare all and we're going to tell the truth. CONTRIBUTED

LIQUID ASSETS PETER ROCKWELL



Hold the food; an Amarone is perfect all on its own

nicknamed the "conversation wine" because their up-front personalities beg to be sipped and discussed all by their lonesome.

With so much emphasis put on pairing wine with food you might wonder if there are any wines that just taste good on their own.

While I've always been the camp that says "drink what you want when you want," the majority of the world's winemakers, especially those in Europe, see their output as a piece of a puzzle that needs an accompanying eatable to complete the picture.

Though I've had them with a meal more than once, Italy's Amarone reds are



Made from partially-dried grapes, an Amarone is a dry, beast of a red typified by dark plummy fruit, a raisiny sweetness and low acidity (which makes it even less food-friendly).

Masi's 2011 Costasera Amarone della Valpolicella Classico (\$42.95-\$51.99) considers itself the benchmark of the style for a reason. Nicely balanced, and ticking all the classic Amarone boxes, it's built to ponder over a night of Netflix.

Prices reflect the range across the country. Some products may not be available in all provinces.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Pita or Naan?

These favourite traditional breads are far from similar when it comes to nutrition.

PICK THIS

Ozery Bakery Pitas (1 pita)

Calories 300
Fat 2g
Sodium 440mg



HERE'S WHY



SKIP THIS

PC Traditional Naan (1 naan)

Calories 380
Fat 10g
Sodium 800mg



Equivalent in sodium to more than 2 KFC Original Recipe Chicken Thighs.

Pita and naan breads are both favourites for dipping and for serving with Greek and Indian dishes, but both have a very different nutritional profile. Naan bread is more moist and tender than pita bread due to the added ghee (butter oil) and soybean or canola oil, which increases the total fat to 10g versus the 5g in the pita. The naan bread also has double the amount of sodium than the pita.

DRIVER THEORY

Inside job suspected in Kardashian Paris heist

Investigators focused Tuesday on a possible inside job in the theft of more than \$10 million worth of jewelry from Kim Kardashian West, after taking her chauffeur that night and his brother into custody.

Three Paris officials confirmed the arrest of the driver and his brother among 17 people taken into custody. Michael Madar, 40, and Gary Madar, 27, worked for the same livery company, according to officials.

The officials would not elaborate on how they believe the theft was planned. Kardashian West's bodyguard was gone for the night, and the robbers forced their way into the private apartment where she was staying, tied her up and made off with the jewelry.

A spokeswoman for the reality star said she had no comment.

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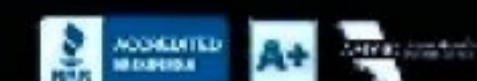
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Tighten the belt...but no need to scrimp on taste

RECIPE

Cheap can be cheerful: make a rush to ramen

Ricardo Larrivée
Torstar News Service

I love January because it's full of new hope and possibility, and also because the exhilaration of the holidays is over — now it's time to recuperate. For many, that means a little belt-tightening to make up for December's extravagances. Here is an economical recipe that has incredible bang for the buck and will leave your family feeling full and satisfied.

We all know ramen noodles are cheap — that's why college kids live off them! But I wouldn't recommend eating anything from a package on a regular basis.

This ramen recipe is nearly as inexpensive, and it's cooked from scratch in less than half an hour with nutritious, quality



Ramen noodle and beef soup is inexpensive but also fragrant and hearty. CONTRIBUTED

ingredients.

With bright aromatics, tender morsels of steak and comforting noodles, you'll get a fragrant, hearty soup that'll have everyone demanding seconds.

Ramen Noodle and Beef Soup Makes 4 servings

Ingredients:

- 4 green onions, chopped (white and green parts separated)
- 2 cloves garlic, finely

chopped

- 1 tbsp finely chopped fresh ginger
- 1/4 tsp red pepper flakes (or sambal oelek)
- 3 tbsp (45 mL) olive oil
- 4 cups (1 L) beef broth
- 2 cups (500 mL) water
- 1 sweet potato, peeled and diced
- 1 tbsp fish sauce
- 1 tbsp soy sauce
- 225 g ramen-style noodles
- 1 sirloin steak, about 9 oz (250 g)
- Bean sprouts, as desired

- Chopped fresh cilantro, as desired
- Lime wedges (optional)

Directions:

1. In a saucepan over medium heat, soften white parts of onions, garlic, ginger and red pepper flakes in oil.

2. Add broth, water, sweet potato, fish sauce and soy sauce. Bring to a boil and simmer for 10 minutes or until sweet potato is tender. Adjust seasoning. Add the noodles and cook for 3 minutes or until tender. Add broth, if needed.

3. Meanwhile, in a skillet over high heat, brown steak on both sides in remaining oil until desired doneness. Season with salt and pepper. Let rest for 5 minutes on a work surface, and then slice.

4. Ladle soup into bowls. Garnish with meat, bean sprouts, green parts of the onions and cilantro. Serve with lime wedges, if desired.

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DIVORCE PACT

Pitt and Jolie agree to private separation deal

Angelina Jolie Pitt and Brad Pitt have reached an agreement to handle their divorce in a private forum and will work together to reunify their family, the actors announced in a joint statement Monday.

Their statement released Monday night said that they will keep future details of their divorce confidential by using a private judge.

"The parties and their counsel have signed agreements to preserve the privacy rights of their children and family by keeping all court documents confidential and engaging a private judge to make any necessary legal decisions and to facilitate the expeditious resolution of any remaining issues," their statement read. "The parents are committed to act as a united front to effectuate recovery and reunification."

The statement is the first comment from the actors since Jolie filed to end their marriage in September. THE ASSOCIATED PRESS



Let MDX do some of the work for you



REVIEW

2017 refresh comes with lane keep assist

Stephen Elmer
AutoGuide.com



So how do automakers cope with the speed of things when they are not ready with an all-new model? By wrapping new skin around an old frame and selling it as all-new. A prime example? Meet the 2017 Acura MDX.

For 2017, what's newest about the MDX is what you see. There are some packaging changes and some added content, but for the most part, the new styling is the biggest change here.

Some of the visual additions include the diamond pentagon grille, restyled jewel eye headlights and a fresh front bumper. I'll let you decide if it's good looking or not, but one thing seems certain: the exterior redesign was extensive, but the changes on the inside, not so much.

Moving inside the MDX, you would be hard pressed to name it as a new model, though that doesn't necessarily mean it's a bad cabin. First the positives. The Olive Ash Burl wood fund in our fully loaded model is gorgeous, as is the leather that wraps the comfortable seats. It feels especially nice on the steering wheel, offering a supple tactile feel.

To look at, the interior including its dual-screen centre stack is quite nice to look at, though

the esthetics of the infotainment are let down by the operation. Thankfully Acura hasn't done away with the volume knob like Honda has in its products, but still, this infotainment system is not all that intuitive.

Slightly thicker sway bars on this SH-AWD model help in part to provide excellent body control in this 1,946-kilogram crossover. The MDX handles corners fairly flat, with handling that feels slightly tighter than its competitors. Some of that can also be chalked up to the SH-AWD system, which can send different amounts of torque to individual wheels to help the MDX rotate and stay nimble.

It's also nice and quiet in the cabin, while the V6 simultaneously manages a nice exhaust note; on the quieter side of aggressive, but enough to remind you that the V6 has a little bite to it.

Power doesn't come on until higher into the rev range, but the nine-speed transmission allows for power delivery to feel fairly strong on the low end.

For 2017, every single MDX model comes equipped with the AcuraWatch suite of safety features and driver-assist technologies, which includes collision-mitigating brakes, lane-departure warning, forward-collision warning, adaptive cruise control, road-departure mitigation and lane-keeping assist.

That last one is probably the most noticeable, as the lane keep assist in the MDX is quite aggressive and works quite well. To use it optimally, you keep your hands on the wheel but slightly loosen your grip, allowing the MDX to do some of the work for you.

THE CHECKLIST | 2017 ACURA MDX

THE BASICS

Engine: 3.5-litre V6
Power: 290 horsepower, 267 pound-feet of torque
Transmission: Nine-speed automatic
Fuel Economy (L/100 km): 12.2 city, 9 highway, 10.7 combined
Price: Starting at \$53,690



LOVE IT

- Great handling
- Sharp looking
- Good safety technology

LEAVE IT

- Convoluted centre stack
- Infotainment system

BUSINESS PLAN

Mitsubishi to focus on selling more crossovers, SUVs



Craig Cole
AutoGuide.com

Mitsubishi has been struggling in North America for more than a decade.

Despite its continued hardship, surrender is simply not an option. According to Don Swearingen, executive vice-president and chief operating officer of Mitsubishi Motors North America, pulling out of the market like, say, Isuzu or Suzuki "was never something we considered," not even during the darkest days

of the Great Recession of 2008.

"We had to get very lean, don't get me wrong," Swearingen explained, and the brand's outdated lineup attests to a long-term lack of investment dollars. Things are different today, however, even if it doesn't look like it from the outside.

Swearingen said fleet sales are capped at just 10 per cent of overall volume, the company is focused on profitability by not offering vehicles in the U.S. it can't make money on, and it is on track to deliver 100,000 units in its latest fiscal year, which

ends in March. For all of 2016, it sold more than 96,000 vehicles in the U.S.

More importantly than all of this, two years ago, Mitsubishi's North American arm started making money once again. Ditto for its 360 U.S. dealerships, which are raking in the highest profits they have since 2002.

Going forward, Swearingen said crossovers will be the segment Mitsubishi focuses on, as drivers just can't get enough car-based utility vehicles. Today, 65 per cent of Mitsubishi's U.S. sales are CUVs, with its Outlander

Sport leading the charge.

Curiously, cars will not play a major role in the ongoing renaissance. Swearingen said the recently departed Lancer Evolution is a great halo product for the brand but "from a business-case perspective, the volume just isn't there." In simple terms, don't expect an all-new model anytime soon.

A family sedan isn't on the table, either.

"The D-segment is too competitive," noted Swearingen. "I have no interest."

Mitsubishi's limited invest-

ment dollars will be pooled in the crossover segment where it can make the greatest impact.

But this doesn't mean it won't offer a smaller four-door model in the coming years. Swearingen said a new compact car (C-segment) is the second most-requested product by Mitsubishi dealerships, with a pickup truck topping their wish lists.

The company's new partnership with Nissan could help speed the development of fresh products and it should also trim costs. Among many other partnerships, Swearingen said Mit-

+ AUTO SHOWS

Mitsubishi has not participated in the Detroit Auto Show for eight years. However, it will be attending other major shows on the global circuit including Chicago, New York and Geneva.

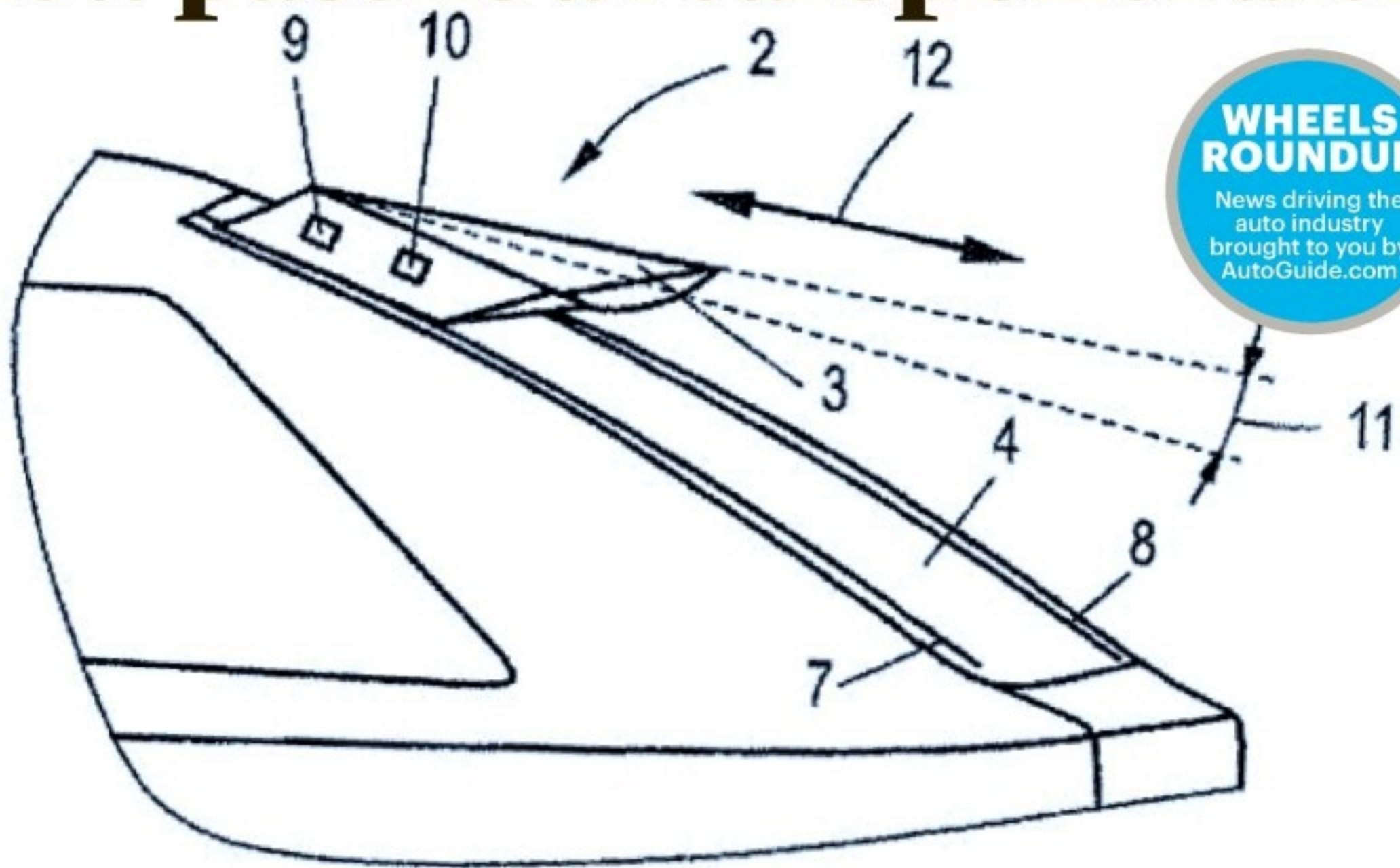
subishi will share common parts with Nissan going forward, but only components that consumers don't see.

Audi's new patent a real spoiler alert

AERODYNAMICS

Audi creates a sliding wing

Audi has filed a patent with the United States Patent and Trademark Office (USPTO) for a movable spoiler. Audi has designed this new system to improve aerodynamics on SUVs by eliminating "flow separation," a disturbance in air-flow that increases drag which usually takes place about half way down the rear window. To fight this, the movable spoiler will lower at speeds over 80 km/h to the right height to combat this added drag. This allows the vehicle to keep its styling when travelling at low speeds, when the aerodynamic forces on the vehicle are negligible, and combat added drag once speed picks up. While active spoilers aren't new, this design is a new implementation of the idea, using two tracks on either side of the rear window to help the spoiler move up and down. STEPHEN ELMER/AUTOGUIDE.COM



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FORD

Hybrid F-150, Mustang on way

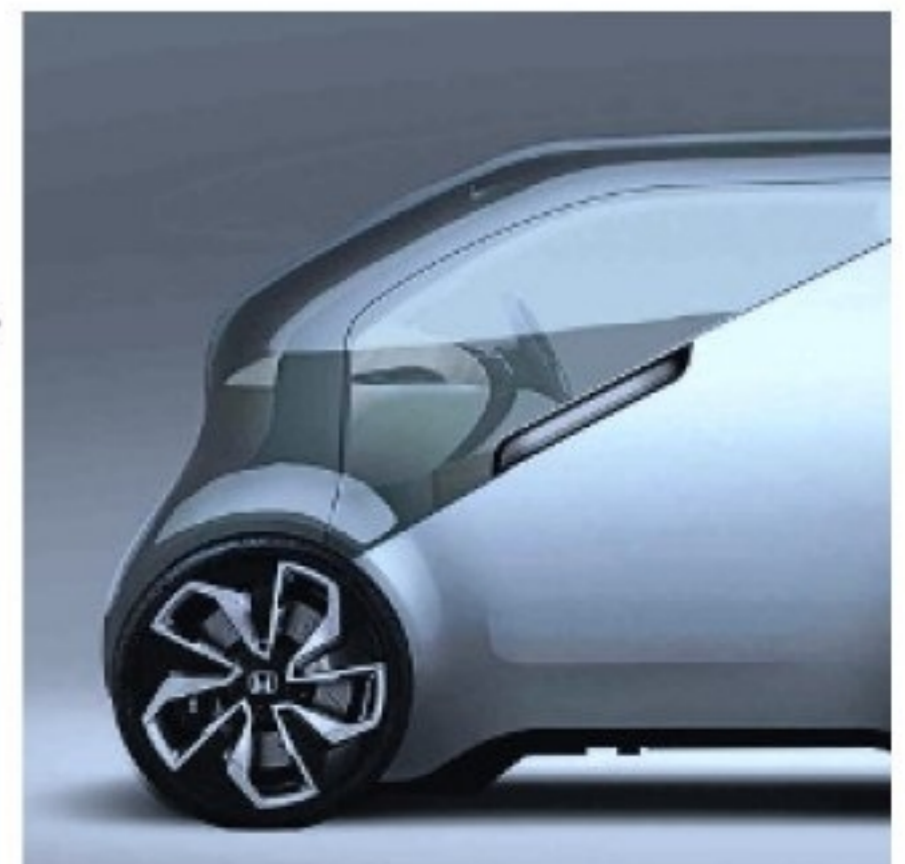
A hybrid F-150 and Mustang have been rumoured for a while now, but Ford has officially confirmed the two vehicles are in the pipeline. Ford confirmed that it plans to release 13 global electric and hybrid vehicles in the next five years including a hybrid F-150 pickup truck, a hybrid Mustang, and a plug-in Transit van. Ford also confirmed that a mystery fully electric small SUV is coming by 2020. JODI LAI/AUTOGUIDE.COM



HONDA

NeuV Concept wants to make you money

Honda unveiled the NeuV Concept at the Consumer Electronics Show. This EV is described as a North American take on the kei car, basically, a small and efficient car for the city. The little car has a wild design that is mostly made up of a Plexiglas-type material rather than the usual sheet metal. This EV is designed with the idea that a car can make a driver some extra money while they're not using it. Honda envisions a ride sharing program where the car can autonomously pick up people needing a ride. SAMI HAJ-ASSAAD/AUTOGUIDE.COM





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NHL Top rookies ascend to all-star status

It took less than a season for Auston Matthews and Patrik Laine to become NHL all stars. The top two picks in the 2016 NHL draft were among the players selected Tuesday to participate in the upcoming 2017 NHL all-star weekend. Laine, the rookie leading scorer with 21 goals and 37 points, is the lone Winnipeg Jets representative but his participation is questionable after he suffered a concussion in a recent game against Buffalo.



Auston Matthews
GETTY IMAGES

Second in rookie scoring with 35 points, Maple Leafs centre Matthews joins a team captained by Montreal No. 1 Carey Price as well as Canadiens top defenceman Shea Weber and Ottawa rearguard Erik Karlsson. THE CANADIAN PRESS



Patrik Laine's status for all-star weekend is in question as he deals with a concussion. JOHN WOODS/THE CANADIAN PRESS

IN BRIEF



You think this is the best of Clemson? Just wait the next five years.

Clemson QB Deshaun Watson after his team's comeback win over Alabama in the NCAA title game

Rousey ends her silence from 'rock bottom'

Former UFC champ Ronda Rousey is turning to Harry Potter author J.K. Rowling for inspiration more than a week after getting humiliated in a comeback match against Amanda Nunes.

On Monday, Rousey posted a quote from Rowling on Instagram, "And so rock bottom became the solid foundation on which I rebuilt my life."

Nunes defeated Rousey in just 48 seconds on Dec. 30.

THE ASSOCIATED PRESS



Sharks goalie Martin Jones makes a save on the Oilers' Patrick Maroon on Tuesday at Rogers Place. JASON FRANSON/THE CANADIAN PRESS

Oilers bitten by Boedker's hat trick

NHL

Sharks winger doubles his goal output in a single game

Mikkel Boedker recorded a hat trick as the San Jose Sharks won their second game in a row, defeating the Edmonton Oilers 5-3 on Tuesday.

Brent Burns and Logan Couture also scored for the Sharks

TUESDAY In Edmonton

5	3
SHARKS	OILERS

(25-14-2), who had lost three straight before getting back in the win column. Drake Caggiula, Matthew Benning and Oscar Klefbom replied for the Oilers (21-15-7), who have lost two straight.

The Sharks surfaced with a 1-0 lead just 1:39 into the open-

ing period as Boedker got to a rebound and lifted the puck over sprawling Oilers goalie Cam Talbot, making his NHL-leading 38th start of the season.

Caggiula tied it up for Edmonton with four minutes left in the first. He fought off a pair of Sharks defenders at the side of the net before hooking a backhand shot past goalie Martin Jones.

San Jose made it 2-1 with 18 seconds left in the first period as a Burns point shot seemed to deflect in on its way through traf-

fic, giving the veteran defenceman his 16th goal of the season.

The Sharks took a two-goal lead early in the second period after a giveaway eventually allowed Boedker to score his second of the game and fifth of the season.

Boedker then doubled his goal total on the season in one game, getting his hat trick goal nine minutes into the second on a tip in front. It was his fourth career hat trick, and the second he has recorded against Edmonton.

THE CANADIAN PRESS



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4	7	9	3	2	5	8	1	6
6	1	5	8	7	4	3	2	9
9	2	6	5	1	7	4	8	3
8	4	1	9	3	2	6	5	7
3	5	7	4	6	8	2	9	1
1	6	3	2	8	9	7	4	5
7	8	4	6	5	1	9	3	2
5	9	2	7	4	3	1	6	8

FIFA

Council approves 48-team World Cup

FIFA will expand the World Cup to 48 teams, adding 16 extra nations to the 2026 tournament that is likely to be held in North America.

President Gianni Infantino's favoured plan — for 16 three-team groups with the top two advancing to a round of 32 — was unanimously approved Tuesday by the FIFA Council.

It meets Infantino's election pledge of a bigger and more

inclusive World Cup going beyond European and South American teams, which have won all 20 titles.

"We have to shape the football World Cup of the 21st century," said Infantino, who also promised funding increases for FIFA's 211 member federations at his election last February.

With 80 matches instead of 64, FIFA forecasts the equivalent of \$1 billion extra income at cur-

80

The expansion will increase the number of matches from 64 to 80.

rent rates from broadcasting and sponsor deals, plus ticket sales, compared to \$5.5 billion revenue forecast for the 2018 World Cup

in Russia. FIFA projects an increased profit of \$640 million despite some extra operating costs and prize money for teams.

FIFA's six continents should find out by May how many extra places they will each get.

"No guarantees have been made," Infantino said. "The only sure thing is that obviously with 48 teams everyone will have a bit more than they have today."

THE ASSOCIATED PRESS



Gianni Infantino
MICHAEL BUHOLZER/AFP/GETTY IMAGES

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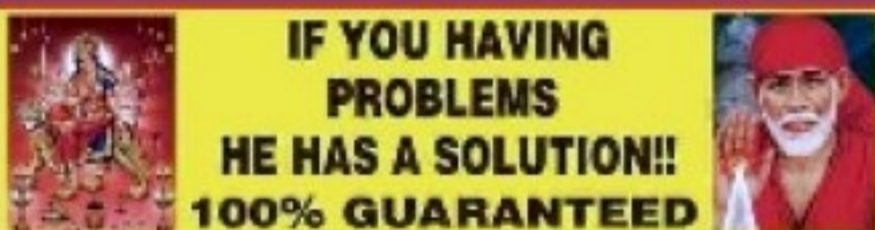
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Careless Bears give game away

NCAA BASKETBALL

West Virginia gives rude welcome to No. 1 Baylor

BIG 12 Tuesday

89 68
WVU BAYLOR

Nathan Adrian broke out of a shooting slump with a career-high 22 points, and No. 10 West Virginia beat No. 1 Baylor 89-68 on Tuesday night in the Bears' first game as the top-ranked team in program history.

Baylor (15-1, 3-1 Big 12) committed a season-high 29 turnovers — the school record is 31 — and never led in its second



West Virginia's Jevon Carter goes to the rim against Baylor's Jo Lual-Acuil Jr. in Morgantown, W. Va. JUSTIN K. ALLER/GETTY IMAGES

true road game of the season. The loss means No. 5 Gonzaga is the only remaining unbeaten team in Division I.

West Virginia (14-2, 3-1) started the second half with an 11-3 run and kept pouring it on, leading by as many as 26 points down the stretch.

Fans rushed the court and sang John Denver's Country Roads after the Mountaineers toppled a top-ranked Big 12 opponent at home for the second straight season. A year ago this week, West Virginia beat Kansas when the Jayhawks were No. 1. THE ASSOCIATED PRESS

HOOPS IN BRIEF**Villanova back in W column**

Kris Jenkins and Josh Hart each scored 20 points and No. 3 Villanova beat No. 15 Xavier 79-54 on Tuesday night.

The Wildcats (16-1, 4-1 Big East) were dominant in the second half in their first game since their five-week run at No. 1 ended with a loss last week at Butler. THE ASSOCIATED PRESS

DeRozan decisive vs. Celts

DeMar DeRozan scored 41 points and Jonas Valanciunas added 18 points and 23 rebounds as the Raptors came back for a 114-106 win over the Boston Celtics on Tuesday in Toronto.

The win ended a two-game slide and prevented Boston (23-15) from pulling even with the first-place Raptors (25-13) in the Atlantic Division standings.

Toronto trailed by 16 points in the third quarter but DeRozan helped bring the Raptors back scoring six straight before Kyle Lowry hit a three-pointer with 2:41 left to give Toronto a 104-102 lead. THE CANADIAN PRESS



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MAKE IT TONIGHT

Crunchy Cauliflower Tacos



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

A light coating of bread crumbs give these veggie tacos an addictive crunch.

Ready in 30 minutes

Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 1 head cauliflower
- 2 Tbsp olive oil
- 1 1/2 cup panko or bread crumbs
- 1 tsp chili powder
- 1/2 tsp cumin
- salt and pepper
- 1 avocado
- 1/4 cup sour cream
- 1 lime, juiced
- salt and pepper
- 6 to 8 tortillas
- extras like crumbled queso or feta cheese, cabbage slaw

Directions

1. Chop cauliflower into florets. In large bowl, toss with olive oil.

2. On a large, flat plate mix panko, spices and a bit of salt and pepper. Toss florets in mix until coated. Spread on a baking sheet and pop in oven 25 to 30 minutes, until cauliflower is golden and tender.

3. Meanwhile, combine avocado with sour cream and lime juice. Mash with fork and combine until smooth. Taste and add salt and pepper.

4. Prep all of your extras and warm up the tortillas. Spread a good dollop of avocado on each tortillas. Place a handful of the baked cauli on top, then load on your toppings.

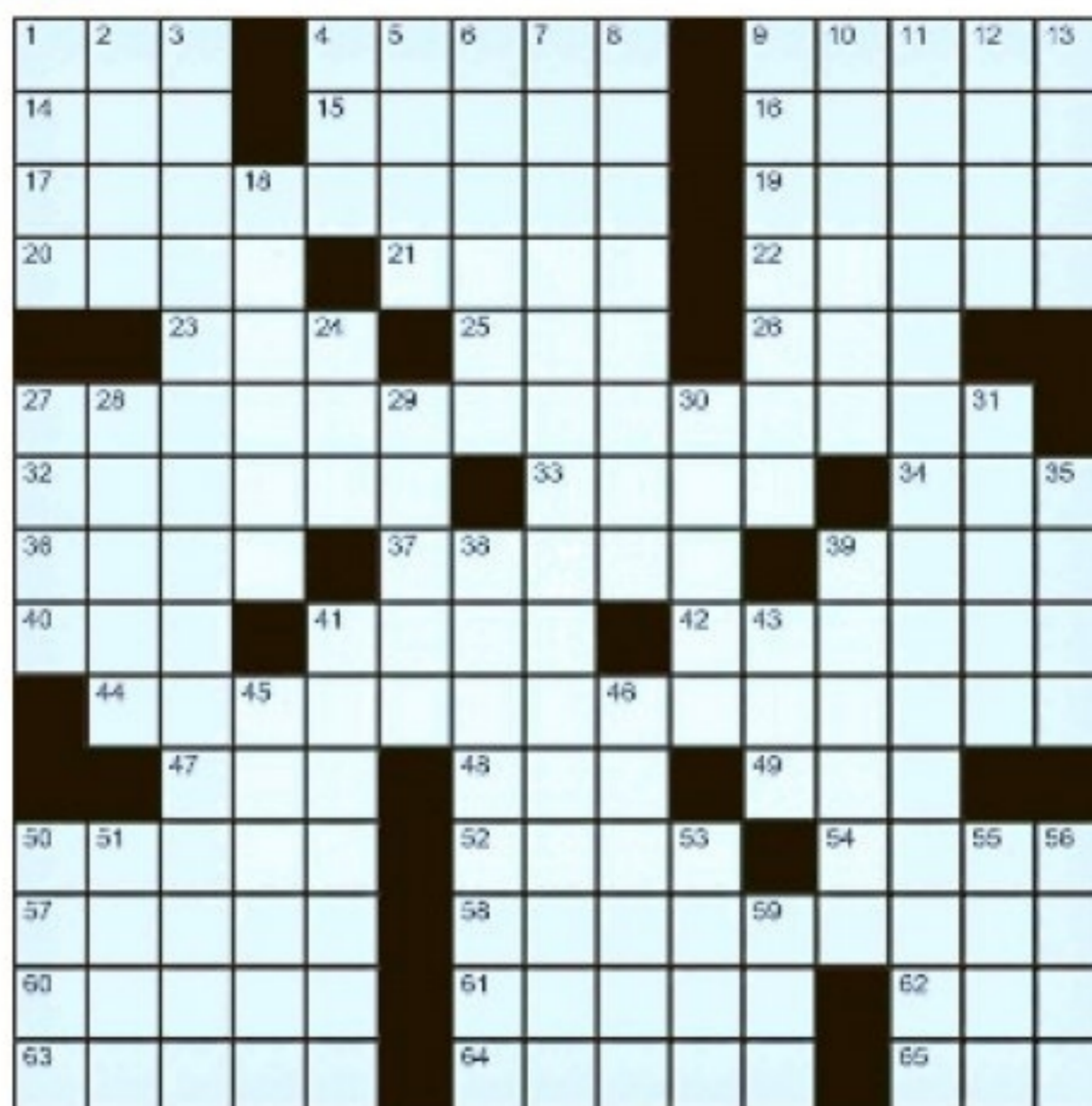
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CROSSWORD Canada Across and Down

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ACROSS

- Spa mask material
- Olympic award
- Sprays
- "Take _ _ insist."
- Andrea _ (ill-fated ocean liner)
- Mult., div. subj.
- Refuge
- 6/49, e.g.
- Cabbage: French
- Pet rights org.
- "Party Rock Anthem" duo
- Initials-sharers of The Miracles' lead singer
- Suffix with 'Jacob'
- War on Poverty agcy.
- TV channel, with The, that gives coast-to-coast forecasts: 2 wds.
- Archie and Edith's street on "All in the Family"
- Many a moon
- Jackie O's hubby
- Macy Gray hit: 2 wds.
- Hilly range
- Accelerated
- Sea: French
- Baseball star Sammy
- Rita Hayworth's 1953 title biblical role
- ' _ _ _ Authorized Personnel Only' (Warning on the door of a secretive facility)
- Cow sound
- " _ for two and me..."
- Mel of baseball
- Hilary of "Amelia" (2009)



- Close-fitting
- Ancient love god
- Thomas _ (American colonial pamphleteer)
- Wedding party member
- _ ear

- Brother, in Brossard
- The Young Rascals tune: "How Can _ _ Sure"
- Arboreal architectures
- Uncanny
- Mr. Pennington and Mr. Cobb

DOWN

- Assorted [abbr.]
- Salt Lake City's site
- Drumheller discoveries: 2 wds.
- Summer hrs. in Alberta
- 'Right' suffix
- "Mad Men" character Don
- Big sports/concert venue in Toronto: 3 wds.
- Birth a before-being-a-baby bird: 3 wds.
- "Harry Potter and the Deathly _ : Part 1" (2010)
- " _ _ _" (Start of

- Juliet's famous line)
- Do motionless modelling for the painter: 4 wds.
- Beyonce's "Cadillac Records" (2008) role
- "Vamoosel!"
- Respectful gesture when meeting The Queen
- Talking Heads song: "And _ Was"
- Lark
- Dinner deleter
- Boo-boo
- Dita Von _ (Queen of Burlesque)
- Krispy _ Doughnuts
- Notion
- "Has testing been done on this product?": 3 wds.
- Scheduled
- Irish writer Bram's family
- Hubbub
- Shakespearean verse
- Stretched more tightly
- Michael J. Fox show, " _ City"
- Lessen
- British songstress Ms. Halliwell
- Dionne Warwick's "Walk _ _"
- Fr. women-with-halos
- Born, in biographies

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you're not afraid to dream big! You're entertaining big plans for your future, and you might make big proposals to bosses, parents and VIPs.

Taurus April 21 - May 21
You're excited about travel plans -- and we're talking big travel plans! Likewise, some of you have big ideas about higher education, publishing and the media.

Gemini May 22 - June 21
You feel confident during discussions about inheritances and shared property today, which is why you definitely will steer things the way you want them to go.

Cancer June 22 - July 23
Relations with partners and close friends are intense today. Everything seems to be bigger than life. Your wants are important, and so are the wants of someone else.

Leo July 24 - Aug. 23
You are busy at work today because you want to accomplish so much. Plus, you have high standards for yourself and others. "Shoot for the moon!"

Virgo Aug. 24 - Sept. 23
This is a playful, romantic and fun-loving day! Make plans to socialize with others. Enjoy sports events, fun activities with children and schmoozing with friends.

Libra Sept. 24 - Oct. 23
Your interactions with a parent or a family member will be strong today. You know what you want, and this person knows what he or she wants. Surely you can meet somewhere in the middle.

Scorpio Oct. 24 - Nov. 22
This is a busy day! Be careful that you don't overlook short trips, appointments, errands and talking to everyone. Plus, there's all that reading and writing you have to do. Gasp!

Sagittarius Nov. 23 - Dec. 21
Today you're focused on money and cash flow. Caution: Do not go overboard or be overly confident. Make sure you know what you're doing, then do it.

Capricorn Dec. 22 - Jan. 20
You feel empowered today because the Sun is in your sign, getting a boost from lucky Jupiter. Use today to go after what you want. You likely will get it.

Aquarius Jan. 21 - Feb. 19
You will be effective working alone or behind the scenes today. Sometimes that's actually the most powerful place to be, because you're not distracted by external business.

Pisces Feb. 20 - March 20
This is a popular day for you! Enjoy hanging out with others, and also enjoy professional associations with colleagues or people in clubs and groups. Don't hesitate to speak up.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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